

**Virginia Legacy Soccer Club  
Event Structure for  
U18  
2008/2009**

<i>Event</i>	U18 Elite	U18 Prem
Team Training Fall	X	X
Williamsburg Cup Labor Day 8/30 - 8/31	X	X
VSLI/VCCL League Play	X	X
Capital Fall Classic 11/8 - 11/9	X	X
Raleigh CASL Shootout (15-18, if accepted replaces Fall Classic)	X	
VCCL College Showcase	X	
Winter Indoor League	X	X
Spring Team Training (U15-18 as needed)	X	X
Triangle Friendlies	X	
February Presidents Day Cup	X	X
Chesterfield Icebreaker	X	
Jefferson Cup (if accepted replaces Chesterfield)	X	
<b><u>Extra Benefits</u></b>		
VYSA State Cup	X	
U16-U18 Mini Camp/Friendlies	X	
Age Group Directors of Coaching/Trainers	X	X
Free admission to Legacy PDL home games	X	X
Fall Strength and Conditioning Program	X	X
College Guidance Program	X	X
1 winter/spring friendly date	X	

*Also available at VLSC website: [www.valegacysoccer.com](http://www.valegacysoccer.com)*

**Virginia Legacy Soccer Club  
Event Structure for  
U17  
2008/2009**

<i>Event</i>	U17 Elite	U17 Prem
Team Training Fall	X	X
Williamsburg Cup Labor Day 8/30 - 8/31	X	X
VSLI/VCCL League Play	X	X
Capital Fall Classic 11/8 - 11/9	X	X
Raleigh CASL Shootout (15-18, if accepted replaces Fall Classic)	X	
VCCL College Showcase	X	
Winter Indoor League	X	X
Spring Team Training (U15-18 as needed)	X	X
Triangle Friendlies	X	
February Presidents Day Cup	X	X
Chesterfield Icebreaker	X	
Jefferson Cup (if accepted replaces Chesterfield)	X	
Richmond Memorial Day		X
Potomac Memorial Day U16-U17 Elite Boys	X	
SAC - Columbia Memorial Day U16-U17 Elite Girls	X	
<b><u>Extra Benefits</u></b>		
VYSA State Cup	X	
U16-U18 Mini Camp/Friendlies	X	
Fall/Spring Speed and Agility Training		
Fall/ Spring/ Winter Technical Training		
Age Group Directors of Coaching/Trainers	X	X
Free admission to Legacy PDL home games	X	X
U11 DC United Trip		
Weekend Friendlies against Futures Select Teams		
Fall Strength and Conditioning Program	X	X
College Guidance Program	X	X
1 winter/spring friendly date	X	

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**Virginia Legacy Soccer Club**  
**Event Structure for**  
**U16**  
**2008/2009**

<i>Event</i>	U16 Elite	U16 Prem
Team Training Fall	X	X
Beach FC Sun Cup 8/16 - 8/17	X	
Williamsburg Cup Labor Day 8/30 - 8/31	X	X
VSLI/VCCL League Play	X	X
Capital Fall Classic 11/8 - 11/9	X	X
Raleigh CASL Shootout (15-18, if accepted replaces Fall Classic)	X	
VCCL College Showcase	X	
Winter Indoor League	X	X
Spring Team Training (U15-18 as needed)	X	X
Triangle Friendlies	X	
February Presidents Day Cup	X	X
Chesterfield Icebreaker	X	
Jefferson Cup (if accepted replaces Chesterfield)	X	
Jamestown Cup		X
Potomac Memorial Day U16-U17 Elite Boys	X	
SAC - Columbia Memorial Day U16-U17 Elite Girls	X	
<b><u>Extra Benefits</u></b>		
VYSA State Cup	X	
U16-U18 Mini Camp/Friendlies	X	
Age Group Directors of Coaching/Trainers	X	X
Free admission to Legacy PDL home games	X	X
Fall Strength and Conditioning Program	X	X
College Guidance Program	X	X
1 winter/spring friendly date	X	

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**Virginia Legacy Soccer Club  
Event Structure for  
U15  
2008/2009**

<u>Event</u>	<u>U15 Elite</u>	<u>U15 Prem</u>
Team Training Fall	x	x
Beach FC Sun Cup 8/16 - 8/17	x	
Williamsburg Cup Labor Day 8/30 - 8/31	x	x
Nike Jr Friendlies (U13-15 Elite) Labor Day 8/30 - 8/31	x	
VSLI/VCCL League Play	x	x
Columbus Day Tournament 10/11 - 10/12	x	
Capital Fall Classic 11/8 - 11/9	x	x
Raleigh CASL Shootout (15-18, if accepted replaces Fall Classic)	x	
Winter Indoor League	x	x
Spring Team Training (U15-18 as needed)	x	x
Triangle Friendlies	x	
February Presidents Day Cup	x	x
Chesterfield Icebreaker	x	
Jefferson Cup (if accepted replaces Chesterfield)	x	
Jamestown Cup	x	x
<u>Extra Benefits</u>		
VYSA State Cup	x	
U16-U18 Mini Camp/Friendlies		
Fall/Spring Speed and Agility Training		
Fall/ Spring/ Winter Technical Training		
Age Group Directors of Coaching/Trainers	x	x
Free admission to Legacy PDL home games	x	x
U11 DC United Trip		
Weekend Friendlies against Futures Select Teams		
Fall Strength and Conditioning Program	x	x
College Guidance Program		
1 winter/spring friendly date	x	

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**Virginia Legacy Soccer Club  
Event Structure for  
U14  
2008/2009**

<u>Event</u>	U14 Elite	U14 Prem
Team Training Fall	X	X
Beach FC Sun Cup 8/16-8/17	X	
Williamsburg Cup Labor Day 8/30 - 8/31	X	X
Nike Jr Friendlies (U13-15 Elite) Labor Day	X	
VSLI/VCCL League Play	X	X
Columbus Day Tournament 10/11 - 10/12	X	
Capital Fall Classic 11/8 - 11/9	X	X
Winter Team Training	X	X
Winter Indoor League	X	X
Spring Team Training (U15-18 as needed)	X	X
February Presidents Day Cup	X	X
Chesterfield Icebreaker	X	
Baystars Friendlies		X
Jamestown Cup	X	X
<u>Extra Benefits</u>		
VYSA State Cup	X	
Fall/Spring Speed and Agility Training	X	X
Fall/ Spring/ Winter Technical Training	X	X
Age Group Directors of Coaching/Trainers	X	X
Free admission to Legacy PDL home games	X	X
1 winter/spring friendly date	X	

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**Virginia Legacy Soccer Club**  
**2008/2009**  
**Event Structure for**  
**U13**

<u>Event</u>	U13 Elite	U13 Prem
Team Training Fall	X	X
Beach FC Sun Cup 8/16 - 8/17	X	
Williamsburg Cup Labor Day 8/30 - 8/31	X	X
Nike Jr Friendlies (U13-15 Elite) Labor Day	X	
VSLI/VCCL League Play	X	X
Columbus Day Tournament 10/11 - 10/12	X	
Capital Fall Classic 11/8 - 11/9	X	X
Winter Team Training	X	X
Winter Indoor League	X	X
Spring Team Training (U15-18 as needed)	X	X
February Presidents Day Cup	X	X
Chesterfield Icebreaker	X	
Baystars Friendlies		X
Jamestown Cup	X	X
<u>Extra Benefits</u>		
Fall/Spring Speed and Agility Training	X	X
Fall/ Spring/ Winter Technical Training	X	X
Age Group Directors of Coaching/Trainers	X	X
Free admission to Legacy PDL home games	X	X
1 winter/spring friendly date	X	

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**Virginia Legacy Soccer Club  
2008/2009  
Event Structure for  
U12**

Event	U12 Elite	U12 Prem
Team Training Fall	X	X
Beach FC Sun Cup 8/16 - 8/17	X	
Williamsburg Cup Labor Day 8/30 - 8/31	X	X
VSLI/VCCL League Play	X	X
Columbus Day Tournament 10/11 - 10/12	X	
Capital Fall Classic 11/8 - 11/9	X	X
Winter Team Training	X	X
Winter Indoor League	X	X
Spring Team Training (U15-18 as needed)	X	X
Triangle Friendlies		
February Presidents Day Cup	X	X
Chesterfield Icebreaker	X	
Prince William Classic		
Baystars Friendlies		X
Jamestown Cup	X	X
<b>Extra Benefits</b>		
VYSA State Cup	X	
U16-U18 Mini Camp/Friendlies		
Fall/Spring Speed and Agility Training	X	X
Fall/ Spring/ Winter Technical Training	X	X
Age Group Directors of Coaching/Trainers	X	X
Free admission to Legacy PDL home games	X	X
1 winter/spring friendly date	X	

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**Virginia Legacy Soccer Club  
2008/2009  
Event Structure for  
U11**

Event	U11 Elite	U11 Prem
Team Training Fall	X	X
East End Legacy Tournament 8/9 - 8/10	X	X
Williamsburg Cup Labor Day 8/30 - 8/31	X	X
VSLI/VCCL League Play	X	X
Columbus Day Tournament 10/11 - 10/12	X	
Capital Fall Classic 11/8 - 11/9	X	X
Winter Team Training	X	X
Winter Indoor League	X	X
Spring Team Training (U15-18 as needed)	X	X
February Presidents Day Cup	X	X
Chesterfield Icebreaker	X	
Baystars Friendlies		X
Jamestown Cup	X	X
<b><i>Extra Benefits</i></b>		
Fall/Spring Speed and Agility Training	X	X
Fall/ Spring/ Winter Technical Training	X	X
Age Group Directors of Coaching/Trainers	X	X
Free admission to Legacy PDL home games	X	X
U11 DC United Trip	X	X
1 winter/spring friendly date	X	

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**Virginia Legacy Soccer Club  
2008/2009  
Event Structure for  
U10**

Event	U10 Academy	U10 East End
Team Training Fall	X	X
East End Legacy Tournament 8/9 - 8/10	X	X
Williamsburg Cup Labor Day 8/30 - 8/31	X	X
VSLI/VCCL League Play	X	X
Columbus Day Tournament 10/11 - 10/12	X	
Capital Fall Classic 11/8 - 11/9	X	X
Winter Team Training	X	
Winter Indoor League	X	
Spring Team Training (U15-18 as needed)	X	X
February Presidents Day Cup	X	X
Chesterfield Icebreaker	X	
Prince William Classic		X
Baystars Friendlies	X	X
Jamestown Cup	X	X
<b>Extra Benefits</b>		
Fall/Spring Speed and Agility Training	X	X
Fall/ Spring/ Winter Technical Training	X	X
Age Group Directors of Coaching/Trainers	X	X
Free admission to Legacy PDL home games	X	X
Weekend Friendlies against Futures Select Teams	X	X
1 winter/spring friendly date	X	

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